

# EXPLORING IN SECURITY

TOWARDS AN ATTACHMENT-INFORMED  
PSYCHOANALYTIC PSYCHOTHERAPY

JEREMY HOLMES



# Exploring In Security Towards An Attachment Informed Psychoanalytic Psychotherapy

**Paul L. Wachtel**



## **Exploring In Security Towards An Attachment Informed Psychoanalytic Psychotherapy:**

**Exploring in Security** Jeremy Holmes, 2009-11-02 Winner of the 2010 Goethe Award for Psychoanalytic and Psychodynamic Scholarship Exploring in Security discusses the concept of mentalising and considers three components of effective therapy the therapeutic relationship meaning making and change promotion from both attachment and psychoanalytic perspectives **Attachments: Psychiatry, Psychotherapy, Psychoanalysis** Jeremy Holmes, 2014-07-11 For three decades Jeremy Holmes has been a leading figure in psychodynamic psychiatry in the UK and across the world He has played a central role in promoting the ideas of John Bowlby and in developing the clinical applications psychiatric and psychotherapeutic of Attachment Theory in working with adults Drawing on both psychoanalytic and attachment ideas Holmes has been able to encompass a truly biopsychosocial perspective As a psychotherapist Holmes brings together psychodynamic systemic and cognitive models alert to vital differences but also keenly sensitive to overlaps and parallels This volume of selected papers brings together the astonishing range of Holmes interests and contributions The various sections in the book cover An extended interview covering Holmes career and philosophy as a psychodynamic psychiatrist Juvenilia sibling relationships the psychology of nuclear weapons and the psychodynamics of surgical intervention Psychodynamic psychiatry Integrative and Attachment Informed A psychotherapy section in which he develops his model of psychotherapeutic change Heroes biographical pieces about the major influences including John Bowlby Michael Balint David Malan Jonathan Pedder and Charles Rycroft Ephemera brief pieces covering such topics as frequency of psychodynamic sessions and fees Attachments Psychiatry Psychotherapy Psychoanalysis The Selected Works of Jeremy Holmes will be essential and illuminating reading for practitioners and students of psychiatry and psychotherapy in all its guises

*Exploring in Security* Jeremy Holmes, 2009-11-02 Winner of the 2010 Goethe Award for Psychoanalytic and Psychodynamic Scholarship This book builds a key clinical bridge between attachment theory and psychoanalysis deploying Holmes unique capacity to weld empirical evidence psychoanalytic theory and consulting room experience into a coherent and convincing whole Starting from the theory practice gap in psychoanalytic psychotherapy the book demonstrates how attachment theory can help practitioners better understand what they intuitively do in the consulting room how this benefits clients and informs evidence based practice Divided into two sections theory and practice Exploring in Security discusses the concept of mentalising and considers three components of effective therapy the therapeutic relationship meaning making and change promotion from both attachment and psychoanalytic perspectives The second part of the book applies attachment theory to a number of clinical situations including working with borderline clients suicide and deliberate self harm sex and sexuality dreams ending therapy Throughout the book theoretical discussion is vividly illustrated with clinical material personal experience and examples from literature and film making this an accessible yet authoritative text for psychotherapy practitioners at all levels including psychoanalysts psychiatrists clinical psychologists mental health nurses and counsellors

**Attachment-Informed Grief Therapy** Phyllis S. Kosminsky, John R. Jordan, 2016-04-14 Attachment Informed Grief Therapy bridges the fields of attachment studies and thanatology uniting theory research and practice to enrich our understanding of how and why people grieve and how we can help the bereaved In its pages clinicians and students will gain a new understanding of the etiology of complicated grief and its treatment and will become better equipped to formulate accurate and specific case conceptualization and treatment plans The authors also illustrate the ways in which the therapeutic relationship is a crucially important though largely unrecognized element in grief therapy and offer guidelines for an attachment informed view of the therapeutic relationship that can serve as the foundation of all grief therapy *The Therapeutic Imagination* Jeremy Holmes, 2014-06-20 Use of the imagination is a key aspect of successful psychotherapeutic treatments Psychotherapy helps clients get in touch with awaken and learn to trust their creative inner life while therapists use their imaginations to mentalise the suffering other and to trace the unconscious stirrings evoked by the intimacy of the consulting room Working from this premise in *The Therapeutic Imagination* Jeremy Holmes argues unashamedly that literate therapists make better therapists Drawing on psychoanalytic and literary traditions both classical and contemporary Part I shows how poetry and novels help foster therapists understanding of their own imagination in action anatomised into five phases attachment reverie logos action and reflection Part II uses the contrast between secure and insecure narrative styles in attachment theory and relates these to literary storytelling and the transformational aspects of therapy Part III uses literary accounts to illuminate the psychiatric conditions of narcissism anxiety splitting and bereavement Based on Forster's motto Only Connect Part IV argues with the help of poetic examples that a psychiatry shorn of psychodynamic creativity is impoverished and fails to serve its patients Clearly and elegantly written and drawing on the author's deep knowledge of psychoanalysis and attachment theory and a lifetime of clinical experience Holmes convincingly links the literary and psychoanalytic canon *The Therapeutic Imagination* is a compelling and insightful work that will strike chords for therapists counsellors psychoanalysts psychiatrists and psychologists **Positive Psychoanalysis** Mark Leffert, 2017-01-20 Psychoanalysis and Psychotherapy have in one way or another focused on the amelioration of the negative This has only done half the job the other half being to actively bring Positive Experience into patients lives Positive Psychoanalysis moves away from this traditional focus on negative experience and problems and instead looks at what makes for a positive life experience bringing a new clinical piece to what psychoanalysts do Positive Psychoanalysis and the interdisciplinary theory and research behind it The envelope of functions entailed in Positive Psychoanalysis is an area of Being described as Subjective Well Being This book identifies three particular areas of function encompassed by SWB Personal Meaning Aesthetics and Desire Mark Leffert looks at the importance of these factors in our positive experiences in everyday life and how they are manifested in clinical psychoanalytic work These domains of Being form the basis of chapters each comprising an interdisciplinary discussion integrating many strands of research and argument Leffert discusses how the areas interact

with each other and how they come to bear on the care healing and cure that are the usual subjects of psychoanalytic treatment He also explores how they can be represented in contemporary psychoanalytic theory This novel work discusses and integrates research findings phenomenology and psychoanalytic thought that have not yet been considered together It seeks to inform readers about these subjects and demonstrates with clinical examples how to incorporate them into their clinical work with the negative helping patients not just to heal the negative but also move into essential positive aspects of living a sense of personal meaning aesthetic competence and becoming a desiring being that experiences Subjective Well Being Drawing on ideas from across neuroscience philosophy and social and culture studies this book sets out a new agenda for covering the positive in psychoanalysis Positive Psychoanalysis will appeal to psychoanalysts and psychotherapists neuroscientists and philosophers as well as academics across these fields and in psychiatry comparative literature and literature and the mind      Theoretical Perspectives for Direct Social Work Practice Nick Coady, Peter Lehmann, 2016-05-15 This expanded third edition of a popular textbook provides a completely revised and updated overview of the theories models and therapies that inform direct social work practice The text is grounded in generalist social work principles and values and promotes a problem solving model of social work practice as a framework for the eclectic use of theory as well as for integrating the artistic reflective elements of practice It provides in depth coverage of select psychodynamic cognitive behavioral humanistic critical and postmodern theories The third edition features a new section on Critical Theories where a new chapter on Empowerment Theory is included with a completely revised chapter on Feminist Theory A new chapter on Strengths based Social Work has been added to the section on meta theories for social work practice Other new chapters include Emotion focused Therapy and Collaborative Therapy These revisions are based on suggestions from an extensive survey of professors New to the Third Edition A new section on Critical Theories New chapters on Strengths based Social Work Emotion focused Therapy Empowerment Theory and Collaborative Therapy Updated research on the debate about the importance of theory technique versus common e g relationship factors and on the critique of the empirically supported treatment movement Key Features Grounds direct practice firmly in the principles and values of generalist social work Promotes a problem solving model of social work as a flexible structure for integrating the eclectic use of theory with the artistic reflective elements of practice Organizes direct practice theories into like groupings and provides an overview of the main characteristics of each grouping Provides in depth coverage of topics in a clear logical and consistent format Includes editors and contributors from the U S and Canada      **Therapeutic Communication, Second Edition** Paul L. Wachtel, 2011-08-03 A uniquely practical guide and widely adopted text this book shows precisely what therapists can say at key moments to enhance the process of healing and change Paul Wachtel explains why some communications in therapy are particularly effective while others that address essentially the same content may actually be countertherapeutic He offers clear and specific guidelines for how to ask questions and make comments in ways that facilitate collaborative exploration

and promote change Illustrated with vivid case examples the book is grounded in an integrative theory that draws from features of psychodynamic cognitive behavioral systemic and experiential approaches New to This Edition Reflects nearly 20 years of advances in the field and refinements of the author s approach Broader audience in addition to psychodynamic therapists cognitive behavioral therapists and others will find specific user friendly recommendations Chapter on key developments and convergences across different psychotherapeutic approaches Chapter on the therapeutic implications of attachment theory and research See also Wachtel s Relational Theory and the Practice of Psychotherapy which explores a new direction in psychoanalytic thought that can expand and deepen clinical practice      **From the Couch to the Circle** John Schlapobersky, 2016-02-05 Recipient of the 2017 Anne Alonso Award for Excellence in Psychodynamic Group Therapy conferred by the Group Foundation for Advancing Mental Health part of the American Group Psychotherapy Association From the Couch to the Circle Group Analytic Psychotherapy in Practice is a handbook of group therapy and a guide to the group analytic model the prevailing form of group therapy in Europe The book draws on both John Schlapobersky s engagement as a practitioner and the words and experience of people in groups as they face psychotherapy s key challenges understanding and change This book provides a manual of practice for therapists use that includes detailed descriptions of groups at work accounts of therapists own experience and the issues they face in themselves and in their groups The book is devoted to the Group Analytic model but the other principally psychodynamic models of group therapy the Tavistock Interpersonal Psychodynamic Modern Analytic and Structural Systemic models are brought into a comparative discussion and drawn upon to create an integrated and coherent approach The book is divided into three sections Foundations aimed at practitioners using groups of any kind and working at every level including those providing supportive psychotherapy and providing groups for psychosis trauma the elderly people at risk the elderly and children The Group Analytic Model defines the group analytic model at a basic and advanced level The Dynamics of Change aimed at group analysts psychotherapists and psychologists providing short term psychotherapy and long term group analysis The book is illustrated with clinical vignettes including incisive instructive commentaries to explain the concepts in use It is intended for those seeking psychotherapy whether to resolve personal problems or to find new sources of meaning in their lives It is also intended for policy makers in mental health students of different models of psychotherapy and the psychosocial field The comparative discussion running through the text about methods and models of practice will likely be of interest to the wider mental health and psychotherapy fields The author draws together the inherited wisdom of group analysis since Foulkes time and makes his own lasting contribution From the Couch to the Circle will be an invaluable accessible resource for psychotherapists psychoanalysts psychologists family therapists academics psychologists mental health practitioners academics and teachers in psychotherapy      *The British National Bibliography* Arthur James Wells, 2009      *Attachment in Therapeutic Practice* Jeremy Holmes, Arietta Slade, 2017-11-13 This is a concise accessible introduction to the basic principles of attachment theory

and their application to therapeutic practice Bringing together 70 years of theory and research its expert authors provide a much needed user friendly guide to attachment informed psychotherapy The book covers The history research base and key figures and concepts of attachment theory The key concepts of attachment theory and their implications for practice Neuroscience implications of attachment and its therapeutic relevance The parallels and differences between parent child attachment and the therapeutic relationship The application of attachment in adult individual psychotherapy across a number of settings also to couples and families The applications of attachment to working with complex disorders The applications of attachment in child psychotherapy

*The Search for the Secure Base* Jeremy Holmes,2001 Viewing attachment based therapy as a variant of object relations the book argues strongly for a rapprochement between psychoanalysis and attachment theory

*Attachment and Psychoanalysis* Morris N. Eagle,2012-12-27 Although attachment theory was originally rooted in psychoanalysis the two areas have since developed quite independently This incisive book explores ways in which attachment theory and psychoanalysis have each contributed to understanding key aspects of psychological functioning including infantile and adult sexuality aggression psychopathology and psychotherapeutic change and what the two fields can learn from each other Morris Eagle critically evaluates how psychoanalytic thinking can aid in expanding core attachment concepts such as the internal working model and how knowledge about attachment can inform clinical practice and enrich psychoanalytic theory building Three chapters on attachment theory and research are written in collaboration with Everett Waters

*Using Psychoanalytic Techniques to Transform the Attachment Relationship to God* Geoff Goodman,2025-05-07 Using Psychoanalytic Techniques to Transform the Attachment Relationship to God demonstrates how clinicians can use Attachment Informed Psychotherapy AIP to enhance clients understanding of their relationship to God and significant others Geoff Goodman discusses four distinct attachment relationships to the God of personal spiritual experience and explains the implications for working with clients in psychotherapy By asking how therapists can work through clients attachment relationship to God as a displacement of their attachment relationships to parents and how therapists can work through clients attachment relationships to parents as a displacement of their attachment relationship to God this book provides unique insight into the therapeutic process Goodman s objective is to enable clinicians to transform these attachment relationships restoring wholeness and unity a crucial treatment goal of AIP This book will be a valuable resource for psychoanalysts psychotherapists marriage and family therapists and pastoral counsellors in practice and in training

Dissertation Abstracts International ,2001

### **Safety, Danger, and Protection in the Family and Community**

Szymon Chrzastowski,Arlene Vetere,2023-11-07 This book provides an analysis of the meaning of safety and security across the contexts of community and public life throughout the life span and within a therapeutic framework examining threats and the strategies for coping with them The book starts in Part I with a discussion of general safety and security concepts in the socio cultural context Part II of the book details the role of a sense of security in psychological assistance psychotherapy and

supervision while Part III centres on safety and security at different life stages Drawing on the tenets of modern attachment theory and trauma theory chapter authors address questions of safety danger and protection for both individuals and groups across a variety of fields of knowledge and expertise Themes such as loneliness play and exploration evil and forgiveness health and death and spirituality and healing are discussed as practice examples learning points and tips A wide range of health and social care professional practitioners will find this book useful in exploring social interpersonal and psychological aspects of safety and security

**On the Couch** Shelia D. Sutton, 2012 Therapy as it is currently practiced often overlooks the importance of early childhood attachment patterns and their subsequent impact on adult relationships Using artistic creative and heuristic methodologies this production thesis explores the potential for psychological growth through attachment informed therapeutic practice Contemporary research in adult attachment theory and clinical practice suggests that psychotherapists can foster corrective emotional experiences for their patients that result in internal structural change This thesis explores how attachment informed techniques and interventions facilitate patient transformation and healing It also elucidates the most up to date theory and exposes my personal psychoanalytic relationship in order to illustrate what happens psychologically and therefore behaviorally and emotionally when therapist and patient set out to co create an earned secure attachment

Attachment and Sexuality Diana Diamond, Sidney J. Blatt, Joseph D. Lichtenberg, 2011-06-23 The papers featured in Attachment and Sexuality create a dense tapestry each forming a separate narrative strand that elucidates different configurations of the relationship between attachment and sexuality As a whole the volume explores the areas of convergence and divergence opposition and integration between these two systems It suggests that there is a bi directional web of influences that weaves the attachment and sexual systems together in increasingly complex ways from infancy to adulthood The volume s unifying thread is the idea that the attachment system and particularly the degree of felt security or lack thereof in relation to early attachment figures provides a paradigm of relatedness that forms a scaffold for the developmental unfolding of sexuality in all its manifestations Such manifestations include infantile and adult masturbatory and mutual and normative and perverse Also central to the papers is the idea that the development of secure attachment is predicated in part on the development of the capacity for mentalization or the ability to envision and interpret the behavior of oneself and others in terms of intentional mental states including desires feelings beliefs and motivations Topics discussed in the book will help to shape the direction and tenor of further dialogues in the arena of attachment and sexuality

**Attachment Theory and Psychoanalysis** Peter Fonagy, 2001-07-17 A Bestseller Attachment Theory shows scientifically how our earliest relationships with our mothers influence our later relationships in life This book offers an excellent introduction to the findings of attachment theory and the major schools of psychoanalytic thought The book every student colleague and even rival theoretician has been waiting for With characteristic wit philosophical sophistication scholarship humanity incisiveness and creativity Fonagy succinctly describes the links differences and future directions of his



twin themes His book is destined to take its place as one of a select list of essential psychology books of the decade Jeremy Holmes Senior Lecturer in Psychotherapy University of Exeter Extraordinary an invaluable resource for developmental psychoanalysis Joy D Osofsky Professor Louisiana State University     From Broken Attachments to Earned Security Andrew Odgers, 2018-05-15 The 2011 John Bowlby Memorial Conference From Broken Attachments to Earned Security The Role of Empathy in Therapeutic Change focused on what needs to take place to facilitate empathy and attunement and ultimately the achievement of earned security The conference posed the challenge of how to re-establish a secure sense of self mutuality and the capacity for inter-intra subjectivity when difficulties in empathy and attunement exist as a result of relational trauma This can be between parent and child within adult relationships between client and therapist or in organisational contexts The outstanding collection of papers in this volume make a significant contribution to the field of attachment and our understanding of how child rearing affects each aspect of our lives from the interpersonal to the organisational and societal Each paper moves beyond the academic and theoretical to provide answers to the many difficult questions raised at the conference

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